

November 2009

THE FRUIT AND VEGGIE BUZZ

The Newsletter for the Fresh Fruit and Vegetable Program in Indiana



HAPPY THANKSGIVING

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10 Tips for 'Stepping More' During the Holidays

Jam-packed schedules, holiday baking, parties and entertaining: These events can easily add too many calories, too little physical activity and extra pounds. Try these 10 tips for adding extra steps, and more physical activity, to your busy days. You'll feel better, and it will help to keep your waistline trim!

1. Wear a pedometer to see how many steps you get in an average day. Gradually build up to 10,000 a day.
2. March in place while watching the news or waiting for a batch of holiday goodies to bake.
3. Circle around the block when you go outside to get the mail or package deliveries.
4. Tour the mall or walk the supermarket perimeter before shopping.
5. Walk to friends' houses to deliver holiday goodies instead of driving.
6. Take neighborhood walks to check out new decorations.
7. Take the stairs instead of the elevator or escalator whenever you can.
8. Park at the far reaches of the mall or grocery store parking lot.
9. Decompress with a five-minute walk between holiday activities.
10. Designate 10 minutes of your lunch break for a walk, whether at home or at work.

Source: <http://www.nutritionexplorations.com/parents/ten-tips.asp>

Price Elementary

Price Elementary of Fort Wayne Community Schools has been using the FFVP to integrate class curriculum and holidays as a way to help promote nutrition education. The first activity was part of a nutritional unit completed by the first graders. A majority of the foods in the project were fresh fruits and vegetables that were served during the first weeks of the program. They saw this class activity as a great way to integrate the FFVP. Price also used their bulletin boards to integrate nutrition education. The October bulletin board was a project completed by the students from a local university and the Price Elementary students. To promote safe healthy eating at Halloween, they did two bulletin boards: The first bulletin board talked about safe locations to Trick or Treat. The second bulletin board gave students examples of foods that were healthier to eat. They wanted to promote healthy eating, but they wanted the kids to be careful when eating non-prepackaged items. Currently, Price has a Turkey bulletin board on display titled, "Don't Be a Turkey! Try These!", which displays fresh fruits and vegetables on the bulletin board. Congratulations, Price, for incorporating the FFVP in your school!



Send success stories to skeworthy@doe.in.gov and you could be featured in the next FFVP newsletter.

Food Safety

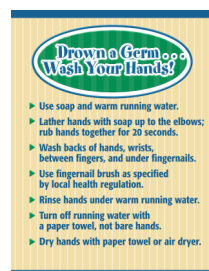
Food safety is a very important issue for the fresh fruit and vegetable program. It is important that all employees understand how to properly wash and prepare your school's fruits and vegetables.

The National Food Service Management has a wide variety of free available resources to use in your school food service. Visit this website <http://www.nfsmi.org/ResourceOverview.aspx?ID=74> to print off food safety mini-posters. The mini posters include topics such as washing hands, personal hygiene, receiving, refrigeration, and produce/salad area. All of these posters have a Spanish version.

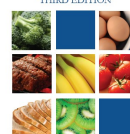
Not only is hanging food safety posters a good idea, but meeting with your employees and talking about food safety. Check out this website <http://www.nfsmi.org/ResourceOverview.aspx?ID=109> to download free fact sheets about food safety.

The National Food Service Management with USDA has made available to schools a recently updated in 2009 a Serving It Safe manual. You can go to this website and print off the manual for free:

http://www.fns.usda.gov/tn/Resources/serving_safe.html



SERVING IT SAFE



Fresh Fruit and Vegetable Jokes

You can share these jokes with your school building on morning announcements or in your newsletter. You could create a competition among the students to come up with the best joke.

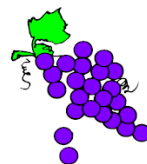
- Why is it not wise to tell secrets in a cornfield?
There are too many ears!
- Which vegetable did Noah leave off the Ark?
Leeks.
- Why did the man at the orange juice factory lose his job?
He couldn't concentrate!
- What is small, red and whispers?
A hoarse radish!

<http://healthymeals.nal.usda.gov/hsmrs/Fruits%20and%20Vegetables%20Galore/Jokes.pdf>

- Knock, Knock
Who's there? Lettuce.
Lettuce who?
Lettuce in and you'll find out!



- How do you fix a broken tomato?
Tomato paste!
- How do you fix a cracked pumpkin?
With a pumpkin patch!
- What did the lettuce say to the celery?
Quit stalking me!
- What is green and goes to a summer camp?
A Brussels' scout!



Chocolate Fruit?

Love chocolate? The black sapote is a fruit that looks like a round, large green tomato on the outside. Some people find the taste to be like chocolate, particularly chocolate pudding. This fruit is in season from December to February and is grown in Florida. The sapote is ready to eat when the fruit has a black, soft flesh. To eat, cut the fruit in half, discard the seeds, and scoop out the pulp with a spoon.



<http://edis.ifas.ufl.edu/HE609>

Green Initiatives in School Wellness Webinar

Date: Tuesday, December 15th

Time: 2 PM – 3:30 PM CST



This webinar highlights exemplary school wellness initiatives that promote the consumption of local foods, enable students to learn about and participate in plant production, and build community partnership and support. Speakers represent school food service, educators, and administrators.

Click here to register: <http://vovici.com/wsb.dll/s/17fb9g417fb>

Cheap *and* Healthy Shopping List

Grains

- ☐ Brown or white rice
- ☐ Oatmeal
- ☐ Barley
- ☐ Corn meal or grits
- ☐ Store brand pasta

Dairy

- ☐ Skim milk
- ☐ Yogurt

Protein

- ☐ Beans and lentils
- ☐ Eggs
- ☐ Whole chicken
- ☐ Peanut butter
- ☐ Specials on fish, meat, poultry

Fruits and Veggies

- ☐ Cabbage
- ☐ Potatoes
- ☐ Romaine
- ☐ Leaf lettuce
- ☐ Cauliflower
- ☐ Carrots
- ☐ Zucchini
- ☐ Cucumber
- ☐ Corn
- ☐ Bananas
- ☐ Melon
- ☐ Oranges
- ☐ Apples
- ☐ Frozen veggies on sale
- ☐ Seasonal specials



9 Overlooked Cost Savers

1. Having the **right ingredients** on hand for preparing meals makes you less likely to dine out.
 2. Some options, such as chicken breast cutlets or ground turkey breast are good because they enable you to **serve less meat per person**.
 3. **Vegetarian** options, such as lentils and rice, or bean soup with vegetables, are hearty and cheap and good for you!
 4. **Cabbage** is often forgotten. You can use it for slaw, tacos, stir fry dishes and more. It is cheaper than lettuce so helps you stretch the budget - buy one head of lettuce and when that runs out serve slaw - or stretch your tossed salad with shredded cabbage.
 5. **Apples and carrots** make great snacks, brown bag treats and side dishes for meals and they are cheap when bought in bulk.
 6. **Grapes** get used better and are great grab and go snacks when you wash them and portion them into baggies in your refrigerator. Choose them instead of chips!
 7. **Potatoes** are underused. You can make oven fries, mashed potatoes, baked potatoes and even pizza with them!
 8. **Coupon clipping** is only good when you are buying things you use on a regular basis otherwise the time is better spent to learn to cook more healthy dishes rather than buy more convenience foods.
 9. The **best place to shop** is often in your own pantry or freezer. Plan meals around using up things you have on hand.
- Search for recipes with these items at www.foodandhealth.com.